

ARIZONA CTE CAREER PREPARATION STANDARDS & MEASUREMENT CRITERIA

THERAPEUTIC MASSAGE, 51.3500.00	
STANDARD 1.0 – DEMONSTRATE KNOWLEDGE OF ANATOMY AND PHYSIOLOGY	
1.1	Identify basic structures and describe functions of the integumentary system
1.2	Identify basic structures and describe functions of the skeletal system
1.3	Identify basic structures and describe functions of the muscular system
1.4	Identify basic structures and describe functions of the digestive system
1.5	Identify basic structures and describe functions of the circulatory system
1.6	Identify basic structures and describe functions of the respiratory system
1.7	Identify basic structures and describe functions of the urinary system
1.8	Identify basic structures and describe functions of the central nervous system
1.9	Identify basic structures and describe functions of the peripheral nervous system
1.10	Identify basic structures and describe functions of the sensory system
1.11	Identify basic structures and describe functions of the endocrine system
1.12	Identify basic structures and describe functions of the reproductive system
1.13	Identify basic structures and describe functions of the immune system
1.14	Utilize working knowledge of medical terminology
STANDARD 2.0 – UTILIZE A KNOWLEDGE OF PATHOLOGY TO ENSURE CLIENT SAFETY	
2.1	Identify deviations from normal body functions: inflammation (heat, redness, pain, swelling); functional changes (hypo-functional, hyper-functional, asymmetrical, deformities); visible changes; palpable changes
2.2	Demonstrate knowledge of disorders of body systems and organs (rheumatoid, degenerative, autoimmune, infectious, functionale)
2.3	Identify appropriate referral procedures: client consultation and referral network
2.4	Identify contra-indications (absolute, relative, physical, psychological)
STANDARD 3.0 – DEMONSTRATE APPROPRIATE BUSINESS AND RECORD KEEPING TECHNIQUES	

These technical knowledge and skill standards were validated by a Skill Standards Validation Committee on August 13, 2007, and used in the adaptation, adoption, and development of test items for pilot testing in Spring 2009.

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3.1	Demonstrate basic knowledge of computer software applications
3.2	Demonstrate basic knowledge of bookkeeping skills
3.3	Demonstrate basic knowledge of and follow rules of documentation: therapeutic records and professional organization
3.4	Identify advertising and marketing techniques
3.5	Establish and maintain professional network: health professionals and professional organizations
3.6	Demonstrate knowledge of liability of malpractice issues: insurance and accidents on premises
3.6	Demonstrate knowledge of government policies: taxes, ordinances, licenses, permits
STANDARD 4.0 – DEMONSTRATE APPROPRIATE SAFETY PRACTICES	
4.1	Apply universal precautions to all tasks performed in the professional environment (OSHA rules, building codes, guidelines and rules issued by building management, ADA guidelines, equipment, practices, and hygiene procedures)
4.2	Maintain CPR and First Aid certifications
STANDARD 5.0 – APPLY ETHICAL BEHAVIOR	
5.1	Recognize and practice therapeutic relationship boundaries: confidentiality, nudity/draping techniques, privacy, termination of treatment
5.2	Comply with legal and ethical responsibilities of massage therapists
5.3	Clarify personal motives and objectives for becoming a massage therapists
5.4	Maintain client rights
5.5	Comply with ethical business practices
STANDARD 6.0 – DEMONSTRATE AND PERFORM CLASSICAL MASSAGE	
6.1	Demonstrate knowledge of the history and origins of massage

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6.2	Recognize the benefits of massage
6.3	Demonstrate comfortable body mechanics for massage therapist
6.4	Utilize various types of lubricants
6.5	Demonstrate use of massage equipment
6.6	Maintain appropriate environment for massage: room and layout, temperature, lighting, music, client comfort, minimal distractions
6.7	Utilize appropriate client positioning: prone, supine, side-lying, antalgic
6.8	Utilize appropriate draping techniques (full and partial)
6.9	Perform basic strokes of Swedish massage: effleurage, petrissage, tapotement, vibration, compression, friction
6.10	Perform Swedish massage sequence using basic strokes: contact-loosen-warm-treat-cool off-loosen-fade out
6.11	Apply basic strokes on specific tissues: connective, tendons/ligaments, septum, periosteum, lymphatic, joint/bone, stimulation/sedation, superficial/deep, muscle
6.12	Utilize effective communication techniques: verbal and nonverbal
6.13	Demonstrate effective and appropriate palpation techniques
6.14	Demonstrate postural analysis and assessment
6.15	Observe general rules concerning duration and frequency of massage
STANDARD 7.0 – DEMONSTRATE UNDERSTANDING OF HYDRO-THERAPY, ELECTRO-THERAPY AND HELIO-THERAPY AT INTRODUCTORY LEVELS	
7.1	Recognize the general effects of hydro-, electro-, and helio- therapies: indications and contra-indications
7.2	Demonstrate knowledge of hot, cold, and contrast treatments
7.3	Utilize electrotherapy equipment: monopolar, bipolar, hand electrodes, AC/DC, impulse forms

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7.4	Demonstrate knowledge of ultrasound technology, function and use
7.5	Demonstrate a basic knowledge and use of helio-therapy
STANDARD 8.0 – DEMONSTRATE BASIC UNDERSTANDING OF KINESIOLOGY	
8.1	Demonstrate knowledge of normal ROM
8.2	Demonstrate knowledge of muscle and joint interaction
8.3	Demonstrate knowledge of compensation, balance, and mechanics of the body
STANDARD 9.0 – APPLY CONCEPTS OF POLARITY TO MASSAGE THERAPY	
9.1	Define polarity (therapeutic touch)
9.2	Demonstrate various techniques of polarity (basic positions)
9.3	Demonstrate knowledge of compensation, balance, and mechanics of the body
STANDARD 10.0 – DEMONSTRATE KNOWLEDGE OF REFLEXOLOGY	
10.1	Identify reflex zones on feet and hands
10.2	Identify and demonstrate techniques: clockwise, counter-clockwise, efferent and afferent neural pathways
10.3	Understand appropriate treatment sequence and duration
10.4	Distinguish between sedating and stimulating techniques
10.5	Distinguish between reflex zones and foot problems
10.6	Explain various theories regarding reflexology: gate, accupressure anesthesia, ascending/descending neural pathways, internal energetic medians, myofascial relationships, nerve to organ
STANDARD 11.0 – DEMONSTRATE BASIC UNDERSTANDING OF TRIGGER POINTS	
11.1	Demonstrate an understanding of segment structure of the body (organ relation)
11.2	Explain trigger points

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11.3	Locate trigger points
STANDARD 12.0 – APPLY CONCEPTS OF JOINT MOBILIZATION	
12.1	Determine physical range of motion of the joint: passive, active, assisted
12.2	Identify deviations of the norm
12.3	Identify types of resistance to movement
12.4	Perform techniques to increase/decrease range of motion
12.5	Apply basic knowledge of the various techniques of joint mobilization: strain/counter-strain, PNF, Traeger, orthobionomy, manipulative massage
12.6	Identify contraindications
STANDARD 13.0 – DEMONSTRATE AN UNDERSTANDING OF THE ORIENTAL MODALITIES AT AN INTRODUCTORY LEVEL	
13.1	Identify and define different cultural approaches
13.2	Demonstrate knowledge of the energy flow circulation system: element theory and Yin and Yang
13.3	Define a point, a meridian, and an organ
13.4	Demonstrate point location
13.5	Demonstrate stimulation/sedation techniques
13.6	Demonstrate understanding of specific modalities: moxibustion, cupping, scraping, tui-na, shiatsu,
STANDARD 14.0 – DEMONSTRATE THE CONCEPTS OF SPORTS THERAPY AT AN INTRODUCTORY LEVEL	
14.1	Define R.I.C.E. (Rest, Ice, Compression, and Elevation)
14.2	Demonstrate pre/post event massage

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14.3	Demonstrate appropriate injury assessment and treatment techniques
14.4	Demonstrate the use of hot/cold treatments
14.5	Demonstrate a basic knowledge of sport-specific problems
14.6	Identify and demonstrate various stretching techniques: passive, assistive, active
14.7	Demonstrate basic knowledge of exercise physiology
STANDARD 15.0 – DISCUSS THE APPLICATION OF SPECIAL MASSAGE TECHNIQUES TO SPECIFIC POPULATIONS	
15.1	Demonstrate massage techniques on geriatric clients
15.2	Demonstrate massage techniques on infant clients
15.3	Demonstrate massage techniques on pregnant clients
15.4	Demonstrate massage techniques on physically challenged clients
15.5	Demonstrate massage techniques on terminally ill clients
15.6	Demonstrate massage techniques on mentally challenged clients
15.7	Demonstrate massage techniques on psychologically challenged clients
15.8	Perform seated massage
15.9	Perform clothed massage
15.10	Perform animal massage
STANDARD 16.0 – BUILD A CAREER AS A MASSAGE THERAPIST	
16.1	Apply basic business practices: computer software, bookkeeping, documentation/patient records, advertising/marketing, insurance, licenses and permits, government policies
16.2	Participate in professional activities: membership and leadership in professional organizations, continuing education, networking, community service, pro bono